N.B. MURDER TRIAL PLAGUED BY DELAYS, PG 5



Plane crashes near homes in Pictou Co.

ACCIDENT Two people walked away from the crash of a small plane in a wooded area of Pictou County yesterday. The RCMP said the Cess-

na aircraft went down behind homes in the Little Egypt Road area.

à Canadian Forces aircraft helped the Mounties locate the plane about a kilometre from the road. The plane's pilot and a

passenger were found uninjured at a nearby home. The cause of the crash

isn't known. The RCMP said investigators from the Transporta tion Safety Board will visit

the crash site today. THE CANADIAN PRESS

News on the Maye

What's this

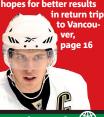
the top of pg 2



Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver. • Today — Sid the Kid hopes for better results



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Torch relay Olympic flashback



Robyn Ainsworth, the Olympic cauldron lighter for the 1988 Winter Olympics in Calgary, relived the moment last night as the 2010 Winter Olympic torch destined for Vancouver made a stop at Calgary's Olympic Plaza

Cabbie arrested again

Taxi driver faces second sex-assault charge against passenger

MONIQUE MUISE monique.muise@metronews.ca

A Halifax cab driver has been ordered off the road after being charged twice in as many months with sexual assault against a female passenger.

Halifax Regional Police say Ravinder Pal Arora, 50, is facing one count of sexual assault in connection with an alleged incident Sunday morning in Hali-

According to police spokesman Brian Palmeter, a 22-year-old woman phoned police around 8:50 a.m. to report a cabbie had touched her in a sexual

manner as she sat in the front seat of his vehicle.

"She got out almost right away once the cab stopped," Palmeter said. "She was able to provide excellent description of the driver, the vehicle, the company ... and that ultimately led to the quick identification and arrest in this matter."

Palmeter wouldn't disclose the name of the cab company or the exact pickup or drop-off location, but confirmed the victim was travelling from one point to another on the Halifax peninsula.

Arora was previously arrested and charged in December in connection with

Released

Ravinder Pal Arora, 50, has been released on conditions, including he not operate a taxi, and is scheduled to appear in Halifax Provincial Court on March 2.

"similar" alleged incident involving a female passenger, Palmeter said. At the time, police didn't release details of the alleged assault to the media.

Shelley Rose, a 31-year-old resident of HRM, said she feels that was a mis-

"That, to me, isn't fair," said Rose, who works downtown and takes cabs regularly. "They should divulge that information."

Palmeter explained police generally don't release information related to sexual assault charges unless there is a significant risk to the public.

"Where now we've got what we believe is a second incident ... it elevates it to where we believe the public is a little more at risk," he said, adding reports of sexual assaults involving cab drivers are quite rare.

"This is a serious incident, but most cab drivers take a lot of pride in what they do in providing good, safe transportation.

Navy set to go ashore in Haiti today

Haiti Crisis

AID Canada's two naval ships are scheduled to be docked off Haiti today as crew members begin to help in the humanitarian effort of a country still reeling from last week's devastating 7.0-magnitude earthquake.

HMCS Halifax and HM-CS Athabaskan pulled away from the Halifax dockvards Thursday afternoon and slowly closed in on the disaster-stricken country yesterday.

According to the CBC, 60-person teams will go ashore from inflatable

boats while both ships remain at sea. The CBC reports the sailors will be protected by a naval

boarding

crew members aboard the two ships are expected to be in Haiti for more than a month.

Mission

The 500

party carrying 9-mm handguns in response to a large amount of lawlessness taking place.

Brig.-Gen. Guy Laroche, who is commanding the Canadian military contingent, told the CBC HMCS Athabaskan is docking near Port-au-Prince while HMCS Halifax is going to Jacmel, a town cut off from the rest of the country since the earthquake.

The soldiers will aid in search-and-rescue efforts and distribute clothes, purified water, food, tents, blankets, and medical sup-METRO HALIFAX

MORE COVERAGE, PAGES 4, 6





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Local



Actor backs Fundy as 1 of 7 new wonders

Dartmouth native and Hollywood actor James Tupper, left, is publicly supporting the Bay of Fundy's candidacy in the New7Wonders of Nature campaign. Tupper, who has a child with actress Anne Heche, is best known for his current role as Dr. Chris Sands in the NBC medical drama Mercy. "I'm so excited that the Bay of Fundy is representing Canada in this contest," Tupper said in a release. People can vote for the Bay of Fundy at votemyfundy.com.

Property values keep rising in N.S.

ASSESSMENTS Property assessments in Nova Scotia continued to rise with an overall increase of about six per cent over last year.

'The residential real-estate market remains quite stable," Lloyd MacLellan, vice-president at Property Valuation Services Corp., said in a release

"And there is also stability in the commercial realestate market, with an actual growth rate of four per cent ... Overall, property values across Nova Scotia continue to move ahead, but at a lower rate than in the past few years."

Assessments were mailed yesterday to more than 585,000 property owners across the province. METRO HALIFAX

Waterfront festival planned for Games

VANCOUVER **2010 Games**

WINTERFEST The 2010 Winter Olympics may be happening on the other side of the country, but Halifax will be celebrating in its own way come February.

Officials with the Waterfront Development Corp. have announced they will create a winter wonderland on the Halifax waterfront from Feb. 26 to 28.

The festival, being dubbed Waterfront Winterfest, will feature snow-sculpting competitions, snowboarding demonstrations and an outdoor skating rink made from artificial ice

A massive video screen will also be set up to broadcast live CTV coverage of gold-medal events taking place in Vancouver. For more information, go to waterfrontwinterfest.ca METRO HALIFAX

metrenews.ca WHAT'S ONLINE TODAY

Your Money Allan Small on where investors should look to cash in as the economic rebound continues in 2010 at metronews.ca/

Late response spurs mixup

Corbett fired off harsh email, assuming CUPE rejected offer

PAUL MCLEOD paul.mcleod@metronews.ca

A 90-minute-long strike came to a quick end vesterday morning, but not before crossed signals caused some awkwardness.

All-night negotiations between the province and the Canadian Union of Public Employees had failed to forge an agreement. As of the 6 a.m. strike deadline, the government hadn't heard back on their final offer and assumed CUPE was in a blackout because they had walked away from the table. The trouble is, they hadn't.

"We assumed - in retrospect wrongly — that they had walked away. So we had taken the position that that was it then, and we had to put our position out there," Deputy Premier Frank Corbett told Metro yesterday.

Corbett released a harsh email to the media, criticizing the union for rejecting an offer of wage parity between 4,000 rural health workers and their Halifax colleagues.

"The union said that these negotiations were all about parity. We agreed on salaries," read the email.

"The union is now saying parity is not enough. In fact, they've just been piling on more and more de-

PAUL MCLEOD

yesterdav.

paul.mcleod@metronews.ca

HEALTH Strike scares caused

32 elective surgeries to be

cancelled in the Capital

District Health Authority

Capital Health was free-

ing up space to deal with a



Deputy Premier Frank Corbett speaks with reporters at a press conference earlier this month. Corbett is pleased with the agreement reached yesterday between the province and the Canadian Union of Public Employees.

Criticism

Opposition leaders Stephen McNeil and Karen Casey criticized the government yesterday for not resolving the issue earlier to avoid confusion in the health-care sector.

mands ... The union leadership obviously doesn't accept the serious financial position that's facing Nova Scotians."

Then, an hour and a half after the deadline passed,

potential overflow if rural

health workers couldn't

reach an agreement with

the government. In the

end, the strike lasted only

"I would say things are

returning to normal. We're not fully back to

regular operations vet, but

getting there," said Capital

90 minutes.

CUPE accepted the government offer in principal. In fact, CUPE Nova Scotia leader Danny Cavanagh said he believes members be pleased." "extremely

But he wasn't happy about Corbett's email.

"In our view there was misinformation some there," he said. "We've maintained all along that we would remain at the bargaining table until we reached a settlement."

The government had been trying to hold wages

Health spokesman John

Gillis yesterday.
Gillis said there was

some overflow from the Bridgewater area, which metro hospitals were able

Capital Health workers

Surgery schedules will

were not directly involved

in the union negotiations.

to one per cent. CUPE was seeking wage parity with Capital Health employees, who receive 2.9 per cent annual raises.

Typically, details of a contract aren't released until membership votes which could take up to two weeks — but because of Corbett's email, Cavanagh confirmed they had received parity.

Corbett was also pleased, saying, "In essence, they've got wage parity and we've got wage certainty. So we're happy with that."

return to normal starting

today. Gillis said the time

needed to reschedule the

cancelled surgeries will be

dependent upon the pro-

vidual surgeons of those

patients who were affected

today to reschedule those

(surgeries)," he said.

"It will be up to the indi-

Suspects arrested in New Year's homicide

CRIME Police have arrested two Halifax men in connection with a New Year's Eve party homicide in Antigonish.

RCMP say they searched a number of homes yesterday and arrested two suspects without incident in the death of Jonathan Beaton, 25, of Southside Harbour.

Police say Beaton was stabbed to death at a New Year's Eve house party after a major brawl broke out. Four other people were

injured. "Through the investigation, it was revealed that suspects involved who Jonathan

fled the



Beaton

scene were from the Halifax area," said RCMP Sgt. Tony Perry of the Antigonish detatch-

Police had already arrested Christopher David Fordham of Antigonish and charged him with attempted murder, aggravated assault and two counts of assault causing bodily harm.

No charges were laid against the men arrested late yesterday.

"They are in police custody and they are being questioned. It's very likely that there will be some charges forthcoming," Perry said. "At this point in time, I would not be able to say what charges."

Police say they expect to make more arrests and there is at least one more suspect in the Halifax area.

The house party brawl broke out just minutes after midnight. Beaton died a few hours later at St. Martha's Regional Hospital. PAUL MCLEOD/

METRO HALIFAX

Halifax RCMP charge 6 people with impaired driving

Surgeries cancelled due to threat of strike

ENFORCEMENT A man on an all-terrain vehicle was among six people charged with impaired driving over the weekend by Halifax RCMP.

The 39-year-old ATV driver is also accused of flight from police and dangerous operation of the machine on Saturday night, on Prospect Road in Whites

Lake near Tantallon.
Police say the driver tried to get around a police vehicle and drove into a

Police added that three

other people — all in the Cole Harbour area — were also charged with im-paired driving Saturday night. They are a 48-yearold man on Corsair Drive, a 42-year-old man on Forest Hills Parkway and a 26-

year-old woman on Flying

cedure.

A 23-year-old man was charged Friday evening on East Jeddore Road and a 26year-old man was charged Sunday evening on Mushaboom Road in Sheet Harbour.

THE CANADIAN PRESS

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metro

A 'goldmine' of information

Nova Scotia, Newfoundland to create breast cancer database

MONIQUE MUISE

muise@metronews.ca

Shorter wait times. Earlier detection of cancerous cells. The ability to monitor thousands of bits of clinical data in real time.

Those were just some of the promises made yesterday by doctors from both Nova Scotia and New-foundland as the two provinces partnered up to create a customized, shared database that will track women as they move through breast cancer screening and diagnosis.

Dr. Jennifer Payne, who works in Dalhousie University's Department of Diagnostic Radiology, described the database as "a goldmine" for doctors and researchers battling the deadly disease.

"We're able to watch, in real time, how the (cancer screening) program is op-erating and respond quickly to areas of concern or opportunities for improvement," Payne told a crowd gathered for yesterday's announcement in Halifax.

The database will be updated automatically with information about individual patients, test results, treatment decisions, and data, important Payne said afterward.

No one's working with papers or charts, trying to put all the pieces of the



Barb Zwicker, team lead at the Nova Scotia Breast Screening Clinic in Halifax, gives a demonstration of a digital mammography unit yesterday. The Canadian Breast Cancer Foundation — Atlantic announced a partnership yesterday between the breast screening programs of Nova Scotia and Newfoundland and Labrador which will see the provinces use a shared database that will track women throughout their involvement in screening and diagnosis.

puzzle together ... they're all in one place," she ex-

"When you can do that, you can start to understand not just the care of an individual woman, but what is happening at the provincial level — both here and in Newfound-

Those spearheading the project, which was funded by the Canadian Breast Cancer Foundation (CBCF), say they hope it will eventually be able to generate

"No one's working with paper or charts, trying to put all the pieces of the puzzle together ... they're all in one place."

Dr. Jennifer Payne, Dalhousie University

reminder notices for patients to book their regular mammograms, send upwoman's dates on a woman's progress to her family doctor, and help officials to better allocate resources such as mobile breast screening clinics.

"When we funded this

project four years ago, we were fascinated by its po-tential," said Nancy Margeson, CEO of the CBCF's Atlantic division in a release. "With two provinces now agreeing to share in the effort, our investment in the region has already dou-

gas price promotions FUEL Nova Scotia's gasoline regulator began hearings yesterday into promotions that offer motorists a few cents a litre off their next fill-up - a

Hearings begin over

ing rural retailers The Utility and Review Board will examine a number of aspects surrounding the promotions, including their impact on the marketplace and the bottom line of retailers.

practice some say is hurt-

The board will use the information it gathers to make recommendations to Service Nova Scotia, which still regulates the promotions even though the department passed responsi-bility for setting gas prices to the board last fall.

The issue essentially pits a number of corporate giants against some rural gas retailers, who maintain they are being placed at a competitive disadvan-

Graham Conrad of the Retail Gas Dealers Association of Nova Scotia said there are concerns about the impact when large corporate entities such as Irving and Sobeys can team up to provide cheaper gas through grocery purchas-

"When you look at the largest food retailer working with the largest gaso-

"When you look at the largest food retailer working with the largest gasoline retailer, the resources are substantially different."

Graham Conrad

line retailer, the resources are substantially different than the resources that would be available to your average service station in rural Nova Scotia, especially," he told reporters.

However, Conrad could only say that it was a "mixed bag" in terms of assessing whether the promotions are hurting the bottom lines of rural re-

And although he admitted many retailers actually want and need promotions to stay competitive, he added his organization is concerned about the nature of deals such as the one between Irving and Sobeys, in particular.

The board's consumer advocate, David Roberts, said there is no evidence from the studies he's examined to suggest gas discount promotions have

THE CANADIAN PRESS

Band officials, Landry to talk shooting, policing

MEETING Wagmatcook band officials will have a multitude of questions for Nova Scotia Justice Minister Ross Landry today when they meet in Halifax.

Band director of operations Brian Arbuthnot said two main topics on the agenda include a call for a public inquiry into the RCMP shooting death of John Simon and the proposed one-year contract for regional policing on the re-

serve. "The big move right now ... is just getting to the table and having some dis-cussions," Arbuthnot said of the meeting.

He said the band recently informed the province is concerned about Ross "sustainability" Landry of the RCMP in Victoria County

Earlier this month, Wag-

matcook Chief Lester Peck

and the six-member council voted to end the contract with the RCMP and propose a new agree-ment with the Cape Breton Regional Police Service.

The Wagmatcook band cited the death of 44-year-old Simon as one of its reasons

for ending the contract with the RCMP.

Described by his family as being drunk and suicidal, Simon died in Baddeck hospital after being shot by an RCMP officer inside his Katie Lane home on Dec. 2, 2008.

Since that time, band officials have pushed for a public inquiry into Simon's death, but were told they must wait until the completion of a report lead by Halifax Regional Police.

THE CAPE BRETON POST

N.S. beef farmers get \$2M loan program

FARMING The Nova Scotia government has nounced a \$2-million program to help the struggling beef industry.

The government says the program will help beef producers to pay down loan interest from 2009 to

The chair of Nova Scotia

Cattle Producers, Dave Oulton, says the move ensures. farmers will be able to address some of their hard-

Oulton says market conditions are extremely poor.

The program will be delivered through the Nova Scotia Federation of Agriculture. THE CANADIAN PRESS

Crews begin two weeks of overnight construction on Fairview Overpass

ROADS Construction on the Fairview Overpass will be continuing into the overnight hours for the next two weeks to complete pile driving and excavation for the east bridge piers.

The work was scheduled to begin yesterday and is taking place between 10:30 p.m. and 8:30 a.m. to avoid interruptions to the daytime CNR train.

Also starting yesterday through the rest of this week, this overnight work will reduce traffic flow on the Fairview Overpass to one lane in each direction from 6 p.m. to 7 a.m.

The province is in the midst of a six-month construction project at the overpass, with work expected to continue until early spring.

METRO HALIFAX

Three separate drug arrests Friday

DRUGS Three people will appear in court at later dates on separate drug charges after Halifax Regional Police made three arrests last Friday.

Police say at 5 p.m., a traffic stop on Highway 102 just past Hammonds Plains Road led to a 33year-old being arrested after Dilaudid, cocaine, ecstacy and a replica handgun were allegedly found inside his vehicle.

About four hours later, police stopped a vehicle at the intersection of South Park and Morris streets in Halifax, Officers arrested a 30-year-old Halifax man who they say had ecstacy on him.

A third drug arrest was made at 9:45 p.m. as police arrested a 29-year-old Halifax woman after she was allegedly found to be in possession of cocaine.

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Schreiber goes on trial in Germany

Tuesday, January 19, 2010

Businessman Karlheinz Schreiber, who was extradited from Canada last August after losing a decade-long legal battle to stay in the country, went on trial in Germany yesterday on charges of tax evasion. Prosecutors accuse Schreiber of failing to declare millions from kickbacks he received for the sale of helicopters and Airbus planes to Canada. The CANADIAN PRESS

Canada



Walsh 'intoxicated,' witnesses say

Cursing, yelling and a smack on the head — that's how an "intoxicated" Toronto broadcaster's transatlantic flight ended last year after it was diverted to St. John's, passengers and a crew member told her trial yesterday. Colleen Walsh, 49, left, has pleaded not guilty to charges of assault, obstructing the operation of an aircraft and causing a disturbance. Walsh — who has worked for Global Television, CTV, CBC Radio and Rogers TV — sat in provincial court, at times shaking her head at the testimony.

DART gets in the action quickly

ASSISTANCE Haiti's nightmare was less than two hours old when Col. Bruce Ewing got the call: Get ready.

Twelve hours after that, Ewing — the commander of Canada's Disaster Assistance Response Team — was on his way to Port-au-Prince with a reconnaissance crew and precious little idea what he would be in for when they landed.

"We deployed a lot quicker than normal," Ewing said yesterday during a mission to survey DART's ultimate Haitian destination: the quakeravaged town of Jacmel, a coastal outpost some 35 kilometres outside the rubble-strewn Haitian capital.

THE CANADIAN PRESS

B.C. teens back from Haiti

Military plane evacuates high schoolers, others to Montreal airport

Haiti Crisis

A group of exhausted teens from British Columbia are back on Canadian soil after being stranded in earthquake-ravaged Haiti.

The 17 teens and their adult chaperones arrived just a few hours before the earthquake hit the Caribbean nation, and they had to wait five days before officials were able to get them out. Anxious family members expect to be reunited with the kids today, when they're scheduled to fly home to B.C.

Most of the students were aboard a military aircraft carrying about 180



A young child is welcomed by Red Cross personnel at Pierre
Trudeau Airport in Montreal after arriving from Haiti on Sunday.

evacuees that was the first to arrive in Montreal early yesterday. The remainder arrived on a second flight. School superintendent Patricia Dooley said she'd

Winter clothes?

 Of all the logistical challenges in helping Haiti, this might be the most surprising one. The need for winter clothes. Evacuees are arriving back in Canada, and they're not dressed for the cold climate.

spoken to some as they waited to pass through Customs in Montreal.

The Grade 12 students from a high school in South Slocan, B.C., and seven adult chaperones were on a mission to set up a goat farm in a town about 45 kilometres outside Port-au-Prince. Dooley said that while they await-

ed evacuation, staying at a Christian mission outside the city, they were not idle.

"They pooled their own money and they bought 4,000 pounds of rice, which they distributed. They were involved in cleaning the roads. So they have definitely been serving," Dooley told a local television station.

Dooley said the school district will bring in counsellors to help the students deal with the horrific scenes they witnessed during the disaster.

"There will be a need for some counselling. They have had a horrendous experience and we are actually starting today with a session for parents."

THE CANADIAN PRESS



Coalition teams are in place, working around the clock, helping to restore the lives of countless suffering children and families as the situation in Haiti reaches epic proportions. As many as 3 million Haitians require immediate and long term help.

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will continue to stay until lives are restored. But we can't do it alone.

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Raitt set for demotion in cabinet shuffle

TORIES One woman is getting a second chance in Prime Minister Stephen Harper's new cabinet while another once thought to be on the fast-track faces a detour through demotion after stumbling through a scandal

As many as eight to 10 ministers will be on the move in a shuffle today that is far more elaborate than the tweak some officials predicted a few days ago, The Canadian Press has learned.

The biggest surprise may be that controversy-prone

Natural Resources Minister Lisa Raitt, once a rising star in the party who rocketed to cabinet within weeks of her first election win in October 2008, is getting demoted.

The high-profile Raitt ran into trouble last year when she was caught on tape criticizing some of her fellow ministers.

Raitt will stay in the cabinet, but in the relatively obscure Labour post.

Public Works Minister Christian Paradis is tabbed to replace Raitt at the department that oversees such hot-button issues as oilsands development and the future of Atomic Energy of Canada.

Current Labour Minister Rona Ambrose, another once high-profile woman who was a disappointment in her first turn at Environment, is getting another chance at a big department with Public Works.

And Trade Minister Stockwell Day will be replaced by Public Safety Minister Peter Van Loan, with Day headed to Treas-

THE CANADIAN PRESS





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Tories win Elections Canada court case

costs The Conservatives have won their "in-andout" court battle with Elections Canada over ad spending during the 2006 federal election campaign.

A Federal Court judge set aside the chief electoral officer's decision to refuse to certify \$1.2 million in expenses.

THE CANADIAN PRESS

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A brazen suicide attack in the centre of Kabul sent Canadian Embassy staff scrambling for safety. Scan this code for the story.

Yemen is denying claims by al-Qaida that six of its members survived a recent air strike on militants in the country. THE CANADIAN PRESS

N.B. murder case slowed by delays

After six weeks still no plea in Bonnell trial

Brunswick man charged with first-degree murder in the death of his 16year-old cousin has been delayed by six weeks.

Curtis Bonnell, 29, ap peared in a Miramichi court yesterday, but his new defence lawyer had written to the court requesting time to review the police and Crown files before he can advise Bonnell on how to proceed.

Provincial court Judge Geri Mahoney has set the case over until March 1 remanded Bonnell back into custody.

Bonnell has yet to enter

a plea. The disappearance and death of Hilary Bonnell gripped residents of the small native community of Esgenoopetiti First Nation, also known as Burnt Church.

She had been missing since Sept. 5 after attending a house party the night before on the reserve of 1,100, setting off

an extensive search. Her last confi confirmed sighting was recorded on surveillance footage that morning at a convenience



Pamela Fillier, right, is shown in an undated photo with her daughter Hilary Bonnell. Curtis Bonnell was charged with first degree murder after a massive investigation into the death of his cousin, Hilary Bonnell.

store in the community.

The girl's remains were in November buried in a remote wooded area that's part of a former military training area, a few kilometres away from where she was last seen.

Her funeral drew more than 500 people, including First Nations chiefs from across Atlantic Canada and the province's lieutenant-governor.

Bonnell charged in December.

Hilary Bonnell's moth-

er, Pam Fillier says she was visibly shaken by the delay in the case.

"You're already in pain constantly, and to not have this resolved just drags it on longer," she told reporters outside the courthouse.

Fillier said it was difficult for her to be in the courtroom, but said she is getting a lot of support.

"I'm grateful for all the support, and when I look around, I see my little girl's friends."

THE CANADIAN PRESS

NB Power to be owned by province

ELECTRICITY New Brunswick and Quebec have made major changes to the proposed deal to sell NB Power to Hydro-Quebec.

A document obtained by The Canadian Press reveals that New Brunswick's power transmission and distribution systems are no longer for sale.

The document says NB Power would continue to operate as a New Brunswick-owned and operated Crown corporation, employing more than 60 per cent of the utility's current workforce.

Under the original deal signed last October, Hydro-Quebec would assume all the major assets of NB Power, including the transmission system, for \$4.75

The revised deal according to the document — is worth \$3.2 billion and would still include hydroelectric facilities and the Point Lepreau nuclear power plant.

THE CANADIAN PRESS

Website helps kids with cancer connect

started treatment for cancer, Lauren Donnelly went from being an active teen taking part in soccer and dance to completely bedrid-

Donnelly was diagnosed in September 2005 with lymphoblastic acute leukemia, the most common form of childhood cancer. Therapy left her so weakened at times that walking upstairs to bed was an obstacle.

She also had to be in isolation at times when her immune system was affected by treatments.

At the time, Donnelly didn't meet many other teens in the same boat. But now, the 19-year-old is hoping other young people living with the disease don't have to face their journey alone.

Donnelly is among the mentors at a new social networking site specifically created for teens with cancer. Teen Connector, developed by the Childhood Cancer Foundation, is designed

Teen Connector

• For more information on the Teen Connector website developed by the Child-hood Cancer Foundation, go to teenconnector.ca.

for those aged 12 to 19.

The website has many features of a traditional social networking site where individuals have profiles and can upload photos but it's geared to teens in hospital going through cancer treatment, with discussion forums and an events sec-

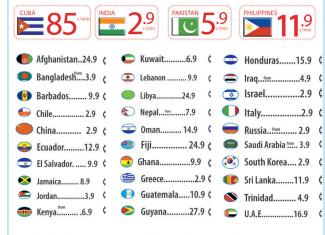
All the mentors have visible profiles of the type of cancer they have and treatments they went through so teens can seek out those who have had similar experiences.

The idea is to be different from traditional support groups, and allow teens to reach out from their homes or hospital rooms, Donnelly THE CANADIAN PRESS

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6

American arrested on child-porn charges in Cambodia

Cambodian police said yesterday they have arrested an American man on charges that he drugged a 12-year-old girl and took pornographic photos of her. Chor Heng, deputy police chief of Preah Sihanouk province, said Ronald A. Adams, 51, was arrested at his home Friday after a complaint from the girl's mother. THE ASSOCIATED PRESS

World



Rare bird-breeding area found in Afghanistan

The first known breeding area of one of the world's rarest birds has been found in the remote Pamir Mountains in war-torn Afghanistan, a conservation group said yesterday. A researcher with the Wildlife Conservation Society stumbled upon the small, olive-brown large-billed reed warbler, left, in 2008 and taped its distinctive song — a recording experts now say is probably the first ever. The announcement came the same day Taliban militants launched an assault the Afghan capital, underscoring the challenges of doing conservation work in the country.

Leaders ban female circumcision

MAURITANIA A group of 30 Mauritanian Muslim leaders have issued a religious edict banning female genital mutilation in the West African country. The process, also called female circumcision, is common in parts of Africa and involves the surgical removal of the clitoris or other genital parts. The procedure is often performed by women with little or no medical training. It can eliminate pleasure for women during sex and cause lasting pain and complications in child-THE ASSOCIATED PRESS

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Donors could learn lessons from past disaster zones, where goodwill withered in the face of corruption and chaos. Scan here for the story.

Aid flows, frustration persists

Help not reaching all who need it; looting and violence spreading

Haiti Crisis

Troops, doctors and aid workers flowed into Haiti yesterday and officials said billions of dollars more will be needed following the quake that killed an estimated 200,000 people and left many still struggling to find a cup of water or a handful of food.

European nations pledged more than a half-billion dollars in emergency and long-term aid, on top of at least \$100 million promised earlier by the U.S. The president of the neighbouring Dominican Republic said it will cost far more to finally rebuild the coun-



A woman sweeps debris on a street in Port-au-Prince yesterday.

try: \$10 billion.

Help was still not reaching many victims of last Tuesday's quake — choked back by transportation bottlenecks, bureaucratic confusion, fear of attacks on aid convoys, the collapse of local authority and the sheer scale of the need.

Looting spread to more parts of downtown Port-au-Prince as hundreds of young men and boys clambered up broken walls to break into shops and take whatever they can find. Especially prized was toothpaste, which people smear under their noses to fend off the stench of decaying bodies.

At a collapsed and burning shop in the market area, youths used broken bottles, machetes and razors to battle for bottles of rum and police fired shots to break up the crowd.

Dutch airlift

 Dutch adoption agencies and the government sent a chartered plane to Haiti yesterday to airlift out more than 100 children who were in the process of being adopted by parents in the Netherlands before an earthquake shattered the country last week.

"I am drinking as much as I can. It gives courage," said Jean-Pierre Junior, wielding a broken wooden plank with nails to protect his bottle of rum.

U.S. officials say some 2,200 Marines were arriving to join 1,700 U.S. troops now on the ground and UN Secretary-General Ban Kimoon announced yesterday he wants 1,500 more UN police and 2,000 more troops to join the existing 7,000 military peacekeepers and 2,100 international police in Haiti.

THE ASSOCIATED PRESS

Religious violence hits northern Nigeria

NIGERIA Angry Muslim youths set a church filled with worshippers ablaze in northern Nigeria, starting a riot that killed at least 27 people and wounded more than 300 others in the latest religious violence in the region, officials said yesterday. About 5,000 people lost their homes as rioters also burned mosques and homes in Jos, a city that saw more than 300 residents

killed during a similar uprising in 2008, said local Red Cross official Auwal Muhammad Madobi. He said he had no information about deaths. Police officials declined to offer a count of the dead.

Sani Mudi, a spokesman for the local imam, said 22 people died Sunday after rioters set fire to a Catholic church, starting a daylong wave of violence between Christians and Muslims. Five others died yesterday from their wounds, and police and soldiers set up numerous road blocks throughout los

throughout Jos.

The rioting began Sunday, when the youths attacked a church, said Gregory Yenlong, a state government spokesman. Yenlong said he didn't know why the young men set the blaze.

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News in brief

TWITTER A British man was arrested for making a terror threat after he joked on Twitter that he would blow up an airport, police said yesterday. Police arrested 26-year-old Paul Chambers Jan. 13 after he posted a message on the popular site saying he would blow northern England's Robin Hood Airport "sky high" if his flight was delayed.

TURKEY The man who shot Pope John Paul II in 1981 was released from prison yesterday after more than 29 years behind bars and proclaimed that he was a messenger of God and that the world will end in this century.

THE ASSOCIATED PRESS

Paraguay Hostage freed



Rancher Fidel Zavala, second from left, is embraced by relatives upon his arrival to the airport in Asuncion, Paraguay, after being freed by his captors yesterday. Zavala was kidnapped by the so-called Paraguayan People's Army three months ago.

Afghanistan Chicken slaughter



U.S. Army Cpl. Robert Glynn, left, and Sgt. Jonathan White kill a chicken for dinner to supplement their MRE (Meals Ready-to-Eat) rations while on a mission in Kandahar City, Saturday.

Emails hacked: Journalists

International journalists in China said yesterday that their Google email accounts have been hacked in attacks similar to the ones against human rights activists that the search giant cited as a reason for considering pulling out of the country.

In announcing a possible exit from China last week, Google did not specify how the accounts with its Gmail email service were hacked into or by whom. Information since then has trickled

The Foreign Correspondents' Club of China sent an email yesterday to its members warning that reporters in at least two news bureaus in Beijing said their Gmail accounts had been broken into, with their emails surreptitiously forwarded to unfamiliar accounts.

Although the warning did not name the organizations, one of the accounts belonged to an Associated Press journalist.

John Daniszewski, senior managing editor for international news at the news co-operative in New York, deplored the breach and said the AP will be investigating to determine if any vital information was compromised.

The foreign correspondents' club asked its members to be vigilant in pro-

Google's announcement last Tuesday that it might quit the huge Chinese market shocked the international business community and cheered many freespeech advocates. Google said a sophisticated attack in December from China targeted the Mountain View, California-based company's infrastructure and at least 20 other major companies from the Internet, financial services, technology, media and chemical industries. THE ASSOCIATED PRESS

tecting their email accounts and computers from attack.

BALTIMORE Edgar Allan Poe's fertile imagination has endured for more than 150 vears — and so has his pale. death-haunted image, with his sunken eyes, a trim moustache and unruly mop of curly hair. A more robust Poe is cap-

News in brief



Allan Poe

tured in a small watercolour by A.C. Smith, one of iust three surviving portraits of the author, which will be shown publicly

for the first time Saturday. "It actually represents Poe as he appeared to his contemporaries handsome, sophisticated young man on the rise," said Cliff Krainik, the owner of the portrait and a Poe scholar.

CHINA Rescue workers evacuated thousands of people from northwestern China after extreme cold and blizzard conditions killed four people and left half a million snowed un-

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Suspects can collect compensation

BRITAIN Two terror suspects won the right yesterday to seek compensation from the British government over the restrictions imposed upon their activities since 2006.

The High Court ruling delivers another blow to Britain's system of so-called "control orders," which officials say is necessary to keep tabs on terror suspects who can't be brought to trial without revealing sensitive intelligence information.

allows system Britain's Home Office to ask a court to curtail susmovements, ban them from foreign travel, restrict their Internet access and forbid them from associating with certain people. The two suspects

whose case was decided yesterday cannot be named for legal reasons.

One of the two, a Libyan-British dual national identified only as A.F., was subjected to a control order because of alleged links with Islamic terrorists. He had to wear an electronic tag, stay in his house for 18 hours a day, and could not work without express permission from the govern-

The other man, identified only as A.E., has been described in previous rulings as an imam to the Iraqi community in an unnamed town in northern England. Britain's security service said there was evidence he had taken part in terrorist activities.

THE ASSOCIATED PRESS

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HALIFA

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Comment

Advocating against social injustice



hen devastation and incalculable human suffering occurs — like the horror in Haiti — the subsequent outpouring of support is a re-

freshing reminder of human altruism; an encouraging affirmation given the regrettable events of another news story that was uncovered by the Toronto Star a day after the quake, yet overshadowed by it.

This story demonstrated the darker element of humanity. Here's how it goes: 20 recovering addicts came to their early morning class at the private Clear Haven Center, just north of Montreal. They were part of a three-month cognitive therapy program costing more

than \$15,000. As they arrived at Clear Haven, they were greeted with the announcement that the centre had gone bankrupt.

Then, with no warning, no plan and no place to go, they were given \$100, then arbitrarily dumped on a bus like a load of refuse headed to a convenient depot: Montreal's international airport.

Whatever progress they had made ended abruptly. Two clients snorted cocaine on the bus and Elijah Peabbles, 26, relapsed into heroin use the day after, over-

Editor's note

• Lawrence Martin's National Report will return next week.

dosed and ended up brain dead. He had come a long way in only a month. For the others, who knows.

How these vulnerable human beings were treated is unconscionable and cruel, yet highlights the plight of inequity and injustice faced by many in the greatest need of advocacy: Addicts, mental health sufferers, the

disabled and poor, and this group has been growing.

Bill Wilkerson, the

founder of Global Business and Economic Roundtable on Mental Health, has declared depression among Canada's public servants as the country's biggest public health crisis, while warning that it's on the rise.

Mental health professionals have stated that addictions cut across all socioeconomic strata and takes a devastating toll on entire families.

Respect and sensitivity by

all professionals attending to those in greatest need is a reasonable expectation, yet contrary to the arrant disregard displayed at Clear Haven Center.

The people let go at Clear Haven could have been one of our loved ones. How they were treated highlights the urgency for citizens to become astute observers and advocates for those close to us who are in need.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Views

Taxpayers may be on the hook once again



You could call it Canada's version of the sub-prime mortgage crisis.

According to a recent account in the Globe and Mail, as many as 30,000 homeowners face mortgage foreclosure over the next three years. These are hardworking folks who have made all their payments. It's just that the mortgage lenders who happily approved their loans last time around won't renew.

But these now reluctant "non-traditional" mortgage lenders have a great suggestion. The mortgage renewals they won't touch should be underwritten by Canada's only inexhaustible source of finance—us taxpayers. A new lob-

by group for the very lenders who are abandoning the sub-prime set wants Ottawa to back a \$1-billion fund to refinance its now vulnerable clients.

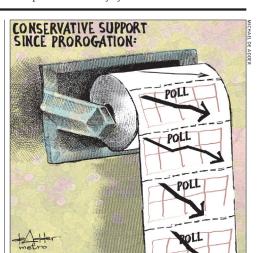
Government bailouts are problematic because they distort the market's process of natural selection, muddying economic realities with political agendas. Embattled homeowners are an equally sensitive subject. How can politicians stand idly by while Suzie and Sammy Homemaker are

thrown into the street?

Consider that home ownership is not a right, but an earned privilege. The people now facing foreclosure would never have been approved by "traditional" or "prime" mortgage lenders like banks or trust companies.

In the end it's a sad business but the rest of us shouldn't pay for it.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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An aboriginal group in British Columbia is fighting the development of a crude oil pipeline from Alberta's oilsands to the West Coast. The natural resource manager of the Wet'suwet'en First Nation says construction on Enbridge Inc.'s Northern Gateway Pipeline would threaten his community's traditional way of life. THE CANADIAN PRESS

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA



The signage of a 24-hour sushi restaurant allures customers atop shops near the Tsukiji fish market in Tokyo. A proposal to ban the export of Atlantic bluefin tuna — prized for its succulent slices of red and pink meat — could slash supplies and drive up prices. In fish-loving Japan, after years of international pressure to stop whaling, some feel their very way of life is under attack.

Visa slams proposal

Code of conduct too merchant-friendly, claims official

The federal government's proposed code of conduct for Canada's credit and debit card system is too weighted in favour of merchants at the expense of consumer choice, Visa Canada alleged yesterday, the deadline for comments on the plan.

Four of Canada's five biggest banks issue Visa cards while Bank of Montreal and many non-bank issuers support Master-Card, Visa's chief rival in that business.

However the two leaders of the credit card industry are both expected to offer debit cards as well, putting them in competition with the bank-owned Interac system.

Visa said yesterday that it's concerned because the

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CFIB response

• The Federation of Independent Business, which has been pushing the federal government to rein in the card companies, called on the government to put the new code into effect as soon as possible. "CFIB believes the most important element of this code is that merchants will be able to choose how debit transactions will be routed," said Catherine Swift, CFIB's chief executive and president.

code gives merchants the power to decide which debit network is used, overriding a consumer's choice without consent.

choice without consent.

"Our main concern, and one that we've highlighted

in our submission to the government, is that the draft code does not go far enough to protect consumer choice at point of sale and may discourage innovation," Tim Wilson, head of Visa Canada, declared in a statement.

"Consumer transparency and choice are particularly important because of the meaningful differences that exist between networks." THE CANADIAN PRESS

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Will record fees mean an Olympicsized bust for broadcasters? Not a chance, say some experts. Scan this code for the story.

Irving parent wants new system

INFRASTRUCTURE The parent company of Irving Oil is calling for a regional energy transmission system in Eastern Canada and up to \$2 billion of associated new infrastructure.

Fort Reliance said yesterday it has also formed a new joint venture company, Portage Energy Ltd., to help to achieve those goals. Portage will work to attract private and public sector partners and investors to jointly develop \$1 billion to \$2 billion of transmission infrastructure for a shared system.

Fort Reliance says the aim is to maximize economic and environmental performance across provincial and potentially international boundaries.

THE CANADIAN PRESS

Cadbury looks for sweeter increase

TAKEOVER Shareholders in British candy maker Cadbury PLC are looking for a fat increase in the hostile takeover bid by Kraft Foods Inc., as Kraft faces a deadline today for changes to its bid.

Cadbury shares moved up in trading yesterday, indicating the market was looking for Kraft to jump higher. THE ASSOCIATED PRESS

Industry vets eyeing Canwest papers

conglomerate Three veterans of Canada's media industry are taking a swing at buying a trio of major Canwest newspapers including the flagship National Post in a bid that could force the media conglomerate to consider selling off its assets piece by piece.

The consortium of investors, headlined by former Canadian senator Jerry Grafstein, said yesterday they are only interested in picking up the Post, the Montreal Gazette and the Ottawa Citizen

If their bid was to succeed, Canwest would have to find someone else to buy the rest of their newspaper operations, which include the Calgary Herald, Edmonton Journal, Victoria Times-Colonist and two Vancouver dailies, the Sun and Province. Can-

One sale

Canwest and its lenders have previously made a case for selling the newspapers as one operation and have said that a number of logical synergies exist between them, including integrated websites led by Canada.com and a relationship with the National Post's newsroom, which delivers an array of national news content to local papers.

west has said it believes selling the assets as a whole is a better option.

Grafstein is joined in the bid by former Global TV executive and Montreal Star editor Raymond Heard and writer and broadcaster Beryl Wajsman, known for his colourful appearance at the Gomery inquiry.

THE CANADIAN PRESS

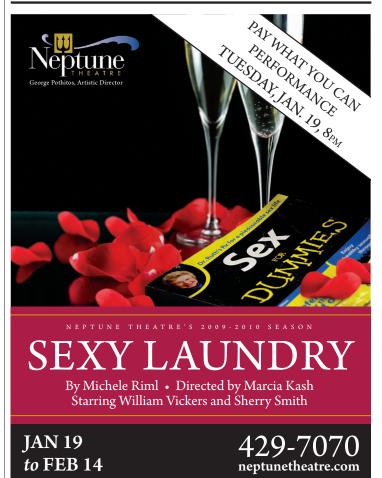
Flaherty to push G7 for reform

RECOVERY Finance Minister Jim Flaherty will be pressing his colleagues to push ahead with financial reforms at the upcoming G7 meeting in Iqaluit, senior government officials say.

The officials, said that Flaherty is concerned that the momentum for reform of the world's financial and banking sectors is waning as the economic crisis recedes.

Canada believes the G7 countries have the primary responsibility for ensuring abuses are not repeated, they said.

THE CANADIAN PRESS



NOVA SCOTIA Chronicle Herald Low Play Amythaday

10 business

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance) HSBC ICICI ING PCF RBC SBIC Scotia 1.00% 0.75% 0.65% 1.20% 1.20% 0.75% 1.20% 1.00% 0.75% 1.20% 0.75%

Your Money

Skinny RRSPs, skinny retiremen



interesting thing happened on the way to retirement. A bun-ch of folks lost once but many times since 1997. And that explains, in part, why RRSP contributions have fallen off since then, particularly in the 55 and older group.

A new RBC study shows

that RRSP contributions, as a percentage of income, have declined among the under 34 crowd as well. But that result is likely because of higher student debt, more expensive housing and higher costs relating to

These two age groups, the boomers and the Gen Xers, with their shrinking RRSP contributions, stand to face skinny retirements if they don't ramp up savings. Fat workplace pension plans are increasingly a thing of the past - heck, any workplace pension for that matter. So the average Canadian is going to have to rely on RRSPs to top up old age security and CPP cheques.

Boomers worried about

losing retirement money retirement. Instead, think like the last time the bonds. preferred market tanked. ALISON'S RULE should keep contributing but put less of it in stocks or equity (stock) mutual to your RRSP but don't stocks or working one day to your RRSP but don't stocks or wish of it. should keep conoff put too much of it per cent on No more than your tax-shelin the stock tered money

50 per cent of your RRSP funds should be in the marmarket. ket and when you hit your late 50s, the equity portion should shrink steadily until

shares and GICs. I know, interest rates stink but you are better earning two or four

than losing 20 or 30 per cent during a downturn.

The younger crowd may protest that their debt

contributions. However even small amounts deposited regularly at a young age will grow healthily if you don't take on too much stock market risk. As for debt, take the tax refund generated by your contribution every year and dump it on your highest interest

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network.
Write to her at alison@alisongriffiths.ca.





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Equity investments bring rewards



Many investors are wondering what kind of year 2010 will be for them after living through the worst recession since the Great Depression in 2008, and experiencing the best post-war rebound in the stock market in 2009. My answer to their question is quite simple. Equity investments are the only investment that can provide investors with the growth they need.

Interest rates look to ay at their current

record-low levels in both the United States and in Canada for the foreseeable future. This means that fixed income securities like bonds and GIC's will continue to pay relatively low rates of interest.

The first two months of the year is quite often the



butions. Last year at this many struggled with whether to make that contribution or not as we were still in the midst of the recession. In hindsight, that would have been the best time to make an RRSP contribution as the market shot up just after the March deadline.

We are now at the same point in the year. I believe that much of the easy money has been made already in 2009. However, I still feel, because of the positive investment environment, those who invest in equities today (inside an RRSP or outside) will be rewarded this year as well.

Allan Small can be reached at asmall@dun-deesecurities.com The views expressed are not necessarily those of Dundee Securities

Decoding acronyms used in RRSP season

At RRSP season, Canadians hear a lot of acronyms. Tina Di Vito, director of retirement strategies at BMO Financial Group, makes sense of some more commonly used terms:

RRSP: Registered Retirement Savings Plans are registered with the Canada Customs and Revenue Agency. Investors save income tax and the income earned is tax sheltered until it is withdrawn.

LIRA: You cannot convert a pension from a former employer into cash. One alternative is to convert it into a Locked-In Retirement Account or LIRA.

RRIF: Canadians must collapse their RRSPs by the end of the year they turn

71. They can then transfer the funds into a Registered Retirement Income Fund, which operates like an RRSP but requires a minimum annual withdrawal.

LIF: A Life Income Fund is much like an RRIF, but the funds originate from a pension plan, locked-in RRSP or LIRA, instead of an NEWS CANADA

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SHOW SCHEDULE

Saturday, January 23, 2010 Hours: 10:00 am – 6:00 pm

	Charact	Charre 2	C.: 4. 202
10.00	Stage 1	Stage 2	Suite 202 - Stage 3
10:00	•	life Welcome Remarks & Intro of first s	peaker
10:15	10:15 Nubody's welcome		
10:30		10:30 MEC Adventure Travel: Experience the great outdoors	
10:45	10:45 Personal Fitness Training		
11:00	Craig Guthrie	11:05 Fitness 20/10: A blast for	11:00 Self Empowerment through yoga and meditation
11:15	11:20 Local and Organic Foods:	your body Adrian Veinot	Helen Fong
11:30	Best of both worlds Lil MacPherson- Wooden Monkey	11:35 Kettlebells: Swing that	11:35 The Back: Key to your health
11:45	11:50 Local Heroes:	weight Laurissa Manning- Core Essentials	Dr. Jans Ellefsen
12:00	Courage and hope	12:10 Zumbal: Fit to dance	12:10 The Importance of Good
12:15		Elaine Muise	Bra Support in Fitness and Sports Silvia Ruegger
12:30	12:30 UFC Demo: Strength and speed		
12:45	TJ Grant	12:45 Keynote: Your Best Year Ever!	12:45 Skin Care and Cancer Prevention
01:00	1:05 Anti-gravity Yoga: Fly on your own	Corey Poirer	Dr. Langley
01:15	Kim Kraushar	1:25 TRX: Workout to go	1:20 Beyond the Genes: Are
01:30	1:40 Cooking Demo: healthy	Adrian Veinot	your emotions making you sick? Dr. Dena Churchill
01:45	gourmet Dylan Benoit	2:00 An Olympic Marathon	Di. Della Charchiii
02:00	Dyian Benoit	Runner's Story Silvia Ruegger	2:00 Harnessing the Power of Gratitude
02:15	2:20 Fitness Gear Fashion Show: Feel good, look great	Silvia naeggei	Steve Foran
02:30	reel good, look great	2.40 Cycle the world with Free	2:35 Preparing for kayak adventures
02:45		2:40 Cycle the world with Freewheeling Adventures	Chris Lockyer
03:00	3:00 Leica Hardy School of	Maggi Scott	240 Denteller plants and
03:15	Dance: Move to the Music	3:20 Yoga for Men	3:10 Dental Implants and Nutrition
03:30		Sean Drohan	Dr. Hwong Hing
03:45	3:40 Carr Tae Kwon Do: Focus your power		2.50 M
04:00	Demo	4:00 A Breath of Fresh Air:	3:50 Neuropyhsical Pain Management
04:15		Keeping Healthy and Revitalized in Winter	Dr. Alexander MacLellan
04:30	4:20 Illusions Rythmic Gymnastics Club Gymnastics	Jenny Kierstead	
04:45	Demo: Love to move	4:40 Stretching for Golf Jason Calder	Content Legend
05:00	5:05 Gentle Touch		
05:15	Healthy Skin Techniques		Fitness Mind
05:30			Health
05:45			Nutrition
06:00	Closing Remarks, Thanks and notes	about next day's highlights	Adventure

Sunday, January 24, 2010	Hours: 10:00 am – 5:00 pm

	Stage 1	Stage 2	Suite 202 - Stage 3
10:00	Show Floor Opens; MC Opening Re	marks	
10:15	10:15 Stretching: Key to		
10:30	flexibility Cathy Grad	10:30 Session on Adventure	
10:45	10:45 Can-Fit-Pro demo:		
11:00	NewBody Workout	11:05 Kettlebells: Swing that	11:00 How Running Changed
11:15	11:20 Anti-Gravity Yoga: Fly on	weight Craig Guthrie	my Life Michael Stack
11:30	your own Kim Kraushar		11:35 The Science and Wisdom
11:45	11.EE Hourte Optimus vous	11:40 20/10 Fitness: A blast for your body	of Life Coaching Dr. Amanda Wintink
12:00	11:55 How to Optimyz your Performance through Science Daniel Crumback	Adrian Veinot	12:10 Anti-Cancer Research
12:15	Daniel Crumback	12:15 Canadian Forces Fitness Demo	from Atlantic Canada Dr. Patrick Lee
12:30	12:30 Power foods for	Demo	DI. FULLICK LEE
12:45	every day: Jennifer Brenton	12:50 Dream by design: planning for excellence	12:45 Daily Choices to Balance Your Hormones
01:00	1:10 Leica Hardy School of	Olympic paddler Andrew Russell	Dr. Rosalyn Hayman
01:15	Dance: Move to the music		1:25 Sports medicine solutions
01:30	Move to the music	1:30 Yoga for the young at heart	Mark Fletcher, MD
01:45	1:50 The Health Benefits of	Jenny Kierstead	
02:00	Japanese Cuisine Hamachi Cooking Demo	2:10 TRX: A workout for the	2:05 Top 10 Tips to Find Your Best Fitness Program in 2010
02:15	Hamachi Cooking Demo	road Adrian Veinot	Nathalie LaCombe
02:30	2:25 Nia: Movement demo <i>Susan Guest</i>	Nation Venior	2:40 Hold the Salt!
02:45	Susui Guest	2:45 Session on Adventure	Maureen Tilley
03:00	3:00 The world is your market <i>Pete Luckett</i>		
03:15	, 010 20 0101	3:20 Can-Fit-Pro demo:	3:15 The Triangle Effect: Developing Leadership, Strategy,
03:30		BodyJam Workout	and Innovation David Holt
03:45	3:40 Great Earth Expeditions: Travel the world		Barrarrar
04:00	nater are world	4:00 Strength training as you age	
04:15	4:15 Session on Adventure	Joe LeClair	
04:30			
04:45	Closing Remarks and Thanks		
05:00	Show Concludes		

HEALTH, FITNESS & LIFESTYLE SHOW SATURDAY AND SUNDAY, JANUARY 23RD AND 24TH ~ HALIFAX WORLD TRADE & CONVENTION CENTRE

EXHIBITORS

- Aerobics First
- Aerus Electrolux
- Alderney Chiropractic
- Atlantic Healing Hemp Inc.
- Atlantica Hotel
- **Audiology Associates**
- · Balance Naturopathic Health Centre
- · BioPed Foot Care Bedford
- Breathing Space Yoga Studio Inc.
- Bullfrog Power Inc.
- C100 (CHUM Radio Halifax)
- · Canadian Cancer Society
- Canadian Diabetes Association Team Diabetes
- DND Army Recruiting
- · Enviro Water Technologies
- FlyHalifax.com
- General Nutrition Inc. & Genuine Health
- Gentle Touch Skin & Laser Centre
- Glaceau Vitamin Water
- Ground Zero Climbing Gym
- Halifax Rainmen
- · Hamachi Restaurants
- Interlude Spa
- I Run Like Girl
- · LifeMark Health
- Joanne David Accessories
- Mary Kay Cosmetics
- · Mobile Flu Clinic
- · Molson Coors Canada
- Naturally Beautiful Body & Facial Enhancements
- **New Balance**
- Nova Scotia Physiotherapy Association
- · Nubody's and Goodlife Fitness
- · OptiMYz Inc.
- · O'Regan's Infiniti Nissan
- · Origin BioMed Inc.
- · Orthotrends Inc.
- Patio Perfect Plus
- Pete's Frootique
- · Pro Vision Training
- Quiznos
- Remote Access Technology
- · Roach Chiropractic and Laser Centre
- Scotiabank
- Scotiabank Blue Nose Marathon
- Simply for Life
- · Spartan Athletic Products Ltd.
- Spirit Spa
- Supplement King
- · U Weight Loss Clinic
- Yoplait
- ZeBRA for Health



Hali and friends from Go Travel Flights and Optimyz Live want to send four lucky winners to London, England this summer. Come to Optimyz Live this weekend and get your ballot to enter. You could be capturing the changing of the guard with Hali!

Visit Optimyz and FlyHalifax.com Booths for full details.





Albert Pujols supports Mark McGwire, both for acknowledging his use of steroids and in his new role as hitting coach of the St. Louis Cardinals. "I told him I'm proud of him for admitting what he used," Pujols said yesterday at the team's Winter Warm-Up. "Everybody makes mistakes." THE ASSOCIATED PRESS





Gordon to represent Canada

Andrew Gordon of Porters Lake will play for Team Canada at the American Hockey League all-star game today at 6 p.m. in Portlan Me. The 24-year-old forward is tied for sixth in AHL scoring with 42

Confidence permeates Herd

Mooseheads on a roll as Delmas named defensive player of the week

MATTHEW WUEST
matthew.wuest@metronews.ca

It may be too little, too late, but the Halifax Mooseheads are hoping to get on a little bit of a roll.

The Mooseheads, whose playoff hopes took a big hit with a recent eight-game losing streak, are coming off back-to-back wins at the Metro Centre and continue a five-game homestand tonight at 7 p.m. against the Shawinigan Cataractes.

After locking down the QMJHL's most potent of-fensive attack on Sunday with a 2-1 win over the Drummondville Voltigeurs, the Mooseheads are as confident as ever.

'Everybody in our room is thinking we can take on anybody now," said Mooseheads goalie Peter Delmas, who has allowed just two

goals on 55 shots in the victories. "That's a good mentality to have, especially with a group of young

Delmas, a 19-year-old from Bedford acquired from the Quebec Remparts two weeks ago, was named the Q's defensive player of the week yesterday for his strong play.

The Mooseheads' only winning streak of the season was a four-game stretch at the start of November. In fact, that's the only other time the lastplace club has so much as won back-to-back games. So this week provides a rare opportunity.

With a 10-33-3 record, the Mooseheads trail the 14th-place Lewiston Maineiacs by 11 points in their bid for the final playoff spot. There are only 22 games remaining.

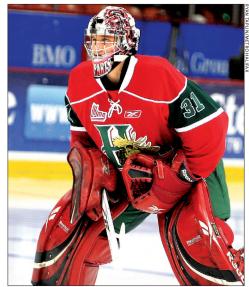
It may be as much about

"Everybody in our room is thinking we can take on anybody now. That's a good mentality to have, especially with a group of young **quys."** Peter Delmas

pride as it is about a playoff spot.

"I think the guys have realized we need to take advantage of these last couple of weeks we have," Delmas said. "We want to try and get better and show we're not a lastplace team, show we're better than most people think we are."

The Cataractes, 21-19-6, are in the middle of the pack.



Halifax goalie Peter Delmas allowed just two goals on 55 shots while leading his club to back to back wins over the weekend.

Sports in brief

CANADA GAMES Sport Nova Scotia's Canada Games management committee announced vesterday that Frank Garner will be chef de mission for the 2011 event. The Games will be held in Halifax from Feb. 11 to 27, 2011. **SURGERY** Colorado Avalanche forward Milan Hejduk needs

knee surgery and will miss the Vancouver Olympics. Hejduk told The Associated Press vesterday he will not represent the Czech Republic at next month's Games.

HAITI The Haitian earthquake relief fund co-founded by Alonzo Mourning and Miami Heat star Dwyane Wade said yesterday its pledge total has surpassed \$800,000 US. Wade's donation was a one-game salary, about \$175,000, while Mourning, LeBron James, Kevin Durant and Chris Paul each pledged \$100,000, fund

CFL The Montreal Alouettes resigned defensive end John Bowman and offensive tackle Jeff Perrett yesterday. Bowman signed a two-year deal, with an option. Perrett agreed to a contract extension that will keep him with the CFL club through the 2012 season.

METRO NEWS SERVICES

Quebec Rempart Mikael Tam is wheeled off the ice on a stretcher following a hit from Rouyn Noranda's Patrice Cormier during QMJHL action on Sunday.

Cormier handed indefinite suspension for hit

QMJHL Junior hockey was making sense of another head-hunting incident yes-terday after Mikael Tam of the Quebec Remparts was sent to hospital by an elbow from Rouyn-Noranda centre Patrice Cormier, who captained Canada at the recent world junior hockey championship. Cormier caught Tam

with an elbow while skating through the neutral zone during overtime of Quebec's 3-2 shootout win at Dave Keon Arena in Rouyn-Noranda on Sunday afternoon.

The 18-vear-old defenceman went into convulsions and was taken to hospital

Video**Online** (#

View footage of Patrice Cormier's hit on Mikael Tam, at metronews.ca\sports

after the hit, where he is listed in stable condition with brain trauma and several damaged teeth.

The Quebec Major Junior Hockey League gave Cormier an indefinite suspension yesterday and will continue to investigate the incident.

No timeline was provided on when league disciplinarian Raymond Bolduc will issue a ruling.

Remparts spokesman Nicole Bouchard said Tam underwent a brain scan after the game and that a second scan yesterday morning showed no deterioration in his condition. He is to remain in hospital for a second night for observation and is expected to be released this morn-

The hit on Tam was the second incident in junior hockey in less than a week. On Thursday, Zack Kassian of the Windsor Spitfires left his feet to flatten Matt Kennedy of the Barrie Colts. Kennedy suffered a concussion and required stitches to close facial wounds. The Canadian Press

Blue Jays avoid arbitration with Marcum; five remain eligible

BASEBALL The Toronto Blue Jays avoided arbitration with starter Shaun Marby agreeing to a \$850,000 US, one-year deal yesterday.

The right-hander more than doubled his salary of \$405,200 spending after

the year recovering from ligament-replacement surgery at the end of the '08 season

He made five rehab starts in the minors, going 0-2 with a 2.30 ERA

Marcum was 9-7 with a 3.39 ERA in 25 games before he was injured late in his breakout '08. He's 2417 for his career with a 3.95 ERA in 89 games, 64 of them starts

With Roy Halladay gone, Marcum could end fronting the team's rota-

'Shaun is doing very well in his recovery and is on schedule to be ready to start the season," GM Alex Anthopoulos said in an email.

The Blue Jays have five arbitra-tion-eligible players remaining: closer Jason Frasor, right-handed relievers Shawn Camp, Casey Janssen and Jeremy Accardo plus left-handed swing-

man Brian Tallet.

THE CANADIAN PRESS

Jets' Ellis needs surgery but will play

NFL New York Jets defensive end Shaun Ellis has a broken left hand that will require surgery, but he expects to play in the AFC championship against Indianapolis.

Ellis was injured on the Jets' first defensive play in their 17-14 win at San Diego on Sunday. He said vesterday that his hand

"just gave out" when he was blocked by an offensive lineman.

"I tried to just finish that series out," Ellis said. "Then, once I got to the sideline, I was like, 'You know what, my hand is broken.' Then, they checked and were like, 'Yeah, you're right, it is.'" THE ASSOCIATED PRESS

m.metrenews.ca

Mike Weir is looking forward to the PGA season. Scan this code for the story.

SCOREBOARD

YESTERDAY'S RESULTS

Ottawa 5 Boston 1 Toronto 4 Nashville 3 Buffalo 7 Phoenix 2 Buffalo 7 Phoenix z Columbus 4 St. Louis 2 Dallas 4 Minnesota 3 Florida 1 Atlanta 0 N.Y. Islanders 4 New Jersey 0 N.Y. Islanders 4 New Jersey 0 Tampa Bay 3 Carolina 2 Edmonton at Colorado Calgary at San Jose TODAY'S GAMES Tampa Bay at N.Y. Rangers Columbus at Philadelphia

Columbus at Phila Detroit at Washing Toronto at Atlanta Chicago at Ottawa N.Y. Islanders at Pittsburgh Buffalo at Anaheim San Jose at Los Angeles

YESTERDAY'S RESULTS

Charlotte 105 Sacramento 103 Golden State 114 Chicago 97 Houston 101 Milwaukee 98 (OT) Houston 10.1 Milwaukee 98 (OT)
L.A. Clippers 10.5 New Jersey 95
Memphis 125 Phoenix 118
Minnesota 108 Philadelphis 109 (OT)
New York 99 Detroit 91
San Antonio 97 New Orleans 90
Washington 97 Portland 92
Dallas 99 Boston 90
Orlando at L.A. Labers
TODAY'S GAMES
TOROITA 2 (Jewell and S

SUNDAY, JAN. 24 AFC - N.Y. Jets at Indianapolis, 4 p.m. NFC - Minnesota at New Orleans, 7:40 p.m. **16** sports

Accident sidelines U.S. snowboarder

American snowboarder Danny Davis has suffered a spinal fracture in an all-terrain-vehicle accident that will end his season and keep him out of next month's Vancouver Olympics. THE ASSOCIATED PRESS

Vancouver Games

Spotlight looms for Crosby

Swing through Canada offers preview of expected scrutiny at Games

Sidney Crosby hopes his next trip to Vancouver will be a little more memorable.

The Pittsburgh Penguins captain was minus-3 during a 6-2 loss to the Canucks at GM Place Saturday night and failed to record a shot on goal for the first time all season.

He will be pulling on a Maple Leaf sweater when he returns to the city again next month for the Vancouver Games. Despite the rough end to Pittsburgh's five-game road trip, Crosby has been producing of late — putting up four goals and six points during that

The upcoming Olympic tournament was a hot topic

as Crosby made stops in Calgary, Edmonton and Vancouver. But No. 87 claims it hasn't been difficult to keep

his focus on the Penguins.

"If anything, you want your game to be your best when the time comes," Crosby said last week. "The more you worry about do-ing things right in Pittsburgh, the more that will over when the (Olympics start)."

One thing the road swing underlined was just how much scrutiny he will be under at the event. Crosby was subjected to heavy media demands in Western Canada and even had some fans follow his cab to a restaurant when he went out to dinner in Vancouver.



Sidney Crosby will be in the spotlight when Team Canada takes to the ice next month at the Winter Games in Vancouver.

" If anything, you want your game to be your best when the time comes."

Sidney Crosby

During the Games, the focus will largely be centred around what he does on the ice. That's hasn't been an issue this season as Crosby has already hit the 30-goal plateau for the fourth time in his career.

The only NHL player who has scored more goals than him so far is Team Canada teammate Patrick Marleau. who added three more last week to bring his season to-

THE CANADIAN PRESS

Snowboarder moves on from halfpipe

ANNOUNCEMENT Crispin Lipscomb was living the snowboard life, all wrapped up in his own world, when the news hit late last January that his best friend Anthony Crute had died.

Crute had been injured in a snowboarding accident and although it seemed he was initially going to be fine, he really wasn't. Sud-denly his wife, Karen, was a widow,

daughter Baylee, eight months old at the time. had no dad, and Lipscomb, a

longtime national snowboard team

Crispin Lipscomb

member, found a dramatically new perspective on life. That shift in priorities helped lead Lipscomb to yesterday's announcement that he was moving on from the halfpipe. While the 30-year-old from Pemberton, B.C., never actually used the word retire, he made it clear those days are behind him.

"We live in this quite selfcentred, ego-centric world when you go out there competing against every other person on the planet aiming to be No. 1," Lipscomb said. "So it was quite a shock to my system as these other realities became so important.'

His shift comes with the Vancouver Olympics less than a month away, leaving Lipscomb to focus on trying to help teammates like Jeff Batchelor of Oakville, Ont., Brad Martin of Ancaster, Ont., and Justin Lamoureux of Squamish, B.C., find the podium.

He's going to work alongside national team coach Tom Hutchinson in some capacity, serving as an "extra artistic eye to get some more points as we work our way towards these gold medals."

"I imagine I'll be standing on site in various capacities but I haven't discussed and we haven't locked down anything with (Canada Snowboard)," he said. "I've had my turn in the big lights of the Olympics. I really want to (be) involved for someone else to have them win their medals.

THE CANADIAN PRESS

Grand Opening in Fall River FREE **Footlong Sub** Come Celebrate With Us! Saturday, Jan. 23 from 11am to 7pm 3301 Highway 2, Fall River

High-tech program seeks Olympic edge

With RESEARCH Olympics just around the corner, Canada is finally lifting the lid on some of the cutting edge projects in its Top Secret program. Giant treadmills, a cable

to catapult speedskaters, and better bodysuits are just part of Top Secret, a program designed to make . Canada's Olympians ski, skate and slide faster than the competition at next month's Games.

When it came to sport gadgets, Canada used to trail the top winter sport countries. But over the last five years, almost \$8 million has been spent on 55 projects collectively named Top Secret.

OTP, the organization established to help Canada win more medals than any other country at its own Games, paid for Top Secret out of its \$117-million budg-

"We're not doing anything that is illegal, but there are a number of developments we'd rather keep to ourselves than to tell the world," says Roger Jackson, head of Own The Podium. Todd Allinger, who heads

Top Secret, oversaw development of a GPS unit that alpine skiers could wear and a binding plate for snowboards that made for

Some projects

 Bioneuro feedback: Sports Dr. Penny administered psychiatrist Werthner stress and brainwaves tests to freestyle skiers at different points during the 2007-08 and 2008-09 seasons to help them manage anxiety and focus more effectively. Snow and ice friction: University of British Columbia tested various substances and materials in order to reduce ski, skate, runner and snowboard friction on ice and snow.

cleaner carves down the mountain.

"I think it brought Canada up from a level where we were below other top nations like the U.S., Germany, Norway and Russia in terms of technology and equipment," Allinger said. "We're at least at the

world-class level. In some cases, I think we're ahead of other countries.

Allinger says 75 per cent of Top Secret projects were successful in that the athletes and coaches felt they were effective in training and competition.

"It's research. It's a risk," says Allinger. "Sometimes it bears fruit and sometimes it doesn't." THE CANADIAN PRESS

Health & Beauty

Whiter not always better for teeth

Doctor suggests doing your homework before investing in bleaching agents

CELIA MILNE for Metro Canada

So you want whiter teeth? There are plenty of ways to get a brighter smile. And Canadians are gleaming from ear to ear as whitening products explode onto drug store shelves.

But before you jump on the mega-watt-smile bandwagon, make sure this is how you want to spend your money and time.

your money and time.

"Tooth whitening is a bit of a luxury," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa.
"To a large extent it is similar to a lot of fashion trends. For most people it is not needed. It's like, 'Why go on a diet if you are in a healthy weight range'?"

Another thing to keep in mind: "It is not always a good idea to go for the whitest possible teeth. It draws attention to the teeth and shows up flaws," he says.

Metro asked Soucy to guide us through the various whitening options. By and large, bleaching your teeth is safe, as long as you get your teeth checked



Get your teeth checked first by your dentist before buying a bleaching kit.

first by a dentist, don't overdo it, and follow instructions carefully.

The cheapest products are toothpastes and mouth washes that promise whiter teeth. These are safe but probably won't make a huge difference, says Soucy. "Whitening toothpastes don't change the colour of your teeth; they simply remove the surface stains," he says.

Next up are whitening

kits you can buy at the pharmacy. These contain either whitening strips, materials to paint the bleach onto your teeth, or trays that you fill with a bleaching agent and mold to your mouth. These kits typically cost between \$10 and \$100.

A more expensive option is to get custom-made trays at the dentist's office. Because these fit exactly, there is less chance of spillage and swallowing peroxide bleach. Treatments can be done at home using these custommade trays. This option may cost between \$250 and \$600.

For a super-fast, super efficient whitening treatment, there's a light-activated gel treatment at the dentist's office. This may set you back between \$600 and \$2,000, but your teeth will sparkle after usually

"To a large extent it is similar to a lot of fashion trends. For most people it is not needed. It's like, 'Why go on a diet if you are in a healthy weight range'?"

Dr. Benoit Soucy, Canadian Dental Association

just one visit.

There are several benefits of having whitening done at the dentist: First of all, you will get any problems fixed before you begin; secondly, your dentist will examine you to find out if bleaching will achieve the results you want; thirdly, he or she will make sure the procedure can be done safely; and, finally, the dentist will be there if you feel any irritation or sensitivity

irritation or sensitivity.
Follow manufacturer's instructions carefully. Don't accelerate the process or continue longer than advised. Over-bleaching can irritate your gums and even create chemical burns on the tongue.



Cheese and wine can help teeth

CELIA MILNE for Metro Canada

STUDY Wine and cheese. There may be a medical reason why these go so well together.

A new German study suggests that white wine is very hard on your teeth, but eating cheese while sipping your wine helps neutralize the effects.

It is the acid in white wine that wears away enamel, say researchers at Johannes Gutenberg University

versity.

Their experiment took place in a laboratory.

They soaked adult teeth in white wine for a day, and found the teeth had a significant loss of calcium and phosphorus in the enamel surface.

Riesling had an especially dramatic effect on the teeth, which could lead to problems in the long-term.

Red wines such as Pinot Noir did not damage the enamel as much.

Eating cheese at the same time as drinking white wine could counter the effects.

Health in brief

TOOTHBRUSH Save the planet while you brush your teeth. In order to save water, the Eco-Dentistry Association

suggests that instead of letting the water continually run down the drain while we brush our teeth, we start a new habit. Wet your toothbrush, turn off the



tap, brush your teeth, and then rinse from a small glass of water. The average

person wastes 90 glasses of water a day while brushing their teeth, according to this international association of environmentally-astute dental professionals, based in Berkeley, Calif.

CELINE MILNE/



Adult braces offer options

Many patients in their 40s and 50s now getting teeth treated

CELIA MILNE for Metro Canada

"I can smile. I feel like smiling." That is often the reaction of adults who have finished with braces, says Dr. Peter Gold from Orthodontics for Adults in

With many custom-designed and computer-generated options these days, more and more grown-ups are getting their teeth moved and improved, says Gold, who specializes in braces for adults.

"There has been an increase in the number of adults getting braces over the last 10 to 15 years," says Gold, who has been practising in mid-town Toronto for 30 years.

In particular, these days more men are embracing braces. "It makes sense. They are maintaining their vitality and strength and looking after their health. They go to the gym. They are not over the hill. They feel good and they want to look good."

Braces can reverse problems such as crowding, protruding, crookedness, a big space between the teeth, an overbite, or an underbite.

You're never too old for braces, believes Gold. "My oldest patient was 82 and her teeth moved just fine." He also sees many patients, both men and women, in their 20s, 30s, 40s and 50s. "They have some income and are able to make their own decisions. Not everyone had the opportunity for braces when they were children."

Braces have changed a lot since the days when the only option was metallic train tracks and little yellow elastics. Invisalign is one of the new developments. In this treatment, computer-designed aligners are placed over the



 ${\it Braces are no longer the metallic train tracks and yellow elastics-they're often invisible to the eye.}$

teeth. They are like horseshoe-shaped trays, and they are clear. Invisalign is particularly good for moderate problems or tweaking, says Gold. "It is

comfortable, doesn't show and you can take it out for special occasions."

Clear braces

Clear braces are another option. They blend in with the natural colour of the teeth, so they aren't as noticeable as metal braces.

Inside braces — which are now computer-designed — are invisible from the outside.

Adults who go for braces these days will probably see a 3-D computer simulation of how they will look when the treatment is

finished. "Braces used to be one-size-fits-all," says Gold. "More and more, we have custom

solutions for each patient. Instead of braces being off-the-shelf, they are tuned for each person."

Orthodontic procedures for adults can take anywhere from six months to — in extremely complicat-

ed cases — three years. Typically, treatment takes between six and 18 months. Cost varies tremendously, says Gold, and can range anywhere from \$1,000 to \$15,000 if the patient has a severe problem and needs surgery.

The benefits of braces include looking younger, prolonging the life of your teeth, and in some cases actually improving the functioning of the mouth. Adult patients are a pleasure to treat, says Gold. "They're motivated, they brought themselves here, they are paying, and they are very compliant."

Got sex on the brain?



ccording to a recent poll of 3,000 people by online marketing firm onepoll.com,

men think of sex 13 times a day, or 4,745 times a year.

Seem like a lot? Well, that's nothing compared to thinking about it every 52 seconds as Dr. Louann Brizendine claims they do in her book The Female results Brain. Other through the years have placed the frequency of men's sexual thoughts everywhere from "every three minutes," to "every 15 seconds" with "every seven seconds" topping the heap.

In their book Don't Swallow Your Gum: Myths, Half-Truths, and Outright Lies About Your Body and Health pediatricians Dr. Aaron Carroll or Dr. Rachel Vreeman point out just how ludicrous this latter seven-second claim is.

"If we assume that the average male is awake for 16 hours a day, each man would have to think about sex more than 8,000 times a day. That's about as many times as a person breathes while awake," they write.

It's not just the math that makes these claims ridiculous. How can you accurately calculate how often someone thinks about sex in a day anyway? After all, if a poll asked you to keep track of how often you think about sex, wouldn't you then be thinking about how often you think about sex, and therefore be thinking about sex constantly, thus skewing the results? Which raises another problem with these claims:



How often women think about sex is the subject of a

What exactly constitutes a sexual thought?

So what's the point of our constant obsession with how often men have who-knows-what-kind-offleeting thoughts about sex?

The only thing these sketchy statistics ever seem to want to prove is that men have more who-knows-how-fleeting sexual thoughts than women. By comparison, in the onepoll.com poll, women think of sex just five times a day or 1,825 times per

And compared to once every 52 seconds in Brizendine's book, women only think of it once a day.

Instead of constantly perpetuating this ultimately unfounded idea that all men are walking around with nothing but sex on the brain while women — with their dearth of dirty thoughts — are clearly more sexually repressed, wouldn't it be a lot more helpful to have more quality-over-quantity analysis about the nature of men's and women's sexual thoughts?

Then again, if that were the case, what would lame comedians and sitcom writers come up with as a premise for all their jokes?

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Did you know: Every year <u>millions</u> of dollars in dental healthcare goes unused?

Most healthcare plans do not roll unused amounts over to the next calendar year. Now is the perfect time to book any dental work you would like to have done for 2010. With a focus on family, it is our mission to take care of your family's teeth for a lifetime.



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FREE PARKING AT ALL LOCATIONS!

Sauvignon blanc's best

Sauvignon blanc needs no introduction. While it is available world wide now, some of the most vivid and finest expressions are being achieved in New Zealand, often in the \$18 to \$20 range. The Rapaura Springs is a best buy at under \$15. TORSTAR NEWS SERVICE

Food



Tasty food... and plate

Diane Bisson wants you to clear your plate so you can eat it, too. The Université de Montréal industrial design professor is creating edible plates that are stylish, tasty and environmentally friendly. She focused on using vegetables and vegetable flours, such as water chestnut flour, as well as fruit, beans and bean flours. Bisson tested 400 prototypes. The results are captured in her book, Edible: The Food as Material, which was just released this month. TORSTAR NEWS SERVICE

Winter warm-up cuisine

Do you find yourself craving comfort foods now that the cold weather's

Instead of pulling out the frozen entrees or resorting to a high-carb meal, try looking for healthy ways to create your old favourites. That way you can warm up without consuming the extra calories.

A perfect example of a comfort meal gone healthy is this week's Almond Crusted Chicken with Honeyed Sweet Potatoes. Breaded chicken fingers are often found in family freezers because they taste great and appeal to people of all ages. However, these frozen treats are high in fat and carbohydrates, meaning they're not the best choice for you or your family. Check out caloriecount. about.com and search breaded chicken for more nutritional information.

To avoid the extra fat and carb content in this meal, our recipe developer blends whole-wheat breadcrumbs and almonds to give these healthy chicken fingers a nutty coating that delivers plenty of good-for-you vitamin E and fibre.

Last but not least, our light Two-Bite Cheesecakes are delicious and filling the perfect way to finish your meal on a sweet note. - CHRISTY PENGILLY

Almond Crusted Chicken with Honeyed Sweet **Potatoes**

SERVES 4

PREP TIME: 10 MINUTES COOKING TIME: 20 MINUTES RECIPE DEVELOPER: PAULA BOWMAN



20 Minute Supper Club's Almond Crusted Chicken with Honeyed Sweet Potatoes, above, and Two-Bite Cheesecake, above, right.

INGREDIENTS:

- olive oil cooking spray
- 1 egg white
- 1 Tbsp cold water
- 1/3 cup raw almonds
- 3/4 cup fresh whole wheat breadcrumbs, (about 2 slices bread)
- 1 Tbsp fresh parsley
- 2 Tbsp finely grated
- 1/2 Tbsp kosher salt plus
- more for sweet potatoes
 1/4 tsp fennel seed
- 1 1/2 skinless chicken breasts, (about 1 1/2 lbs)
- 1 1/2 pound sweet potatoes, peeled and cut in-

to 1-inch slices

- 2 Tbsp honey, plus more
- for garnish, if desired
- 1/4 tsp lemon juice
- pinch nutmeg

METHOD:

1. Preheat oven to 400F. Line a rimmed sheet pan with tinfoil, lightly spray foil with cooking spray and

set aside.
2. Whisk egg white with water until frothy, transfer to a shallow bowl and set

3. In the small bowl of a food processor, combine almonds, breadcrumbs, parsley, 1/2-teaspoon salt, lemon zest and fennel seed and pulse until finely chopped. Transfer almond mixture to a shallow bowl.

4. Cut each chicken breast lengthwise into 6 strips and season pieces with salt and pepper. One at a time, dip chicken pieces in egg white, allowing the excess egg white to fall back into the bowl, then

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mond mixture until coated well on all sides. Transfer prepared sheet pan, lightly spray top of chicken with olive oil spray and bake in oven until cooked through and golden brown, about 12 to 15 minutes.

Meanwhile, place sweet potatoes in saucepan and cover with salted water. Bring to a boil over high heat and cook until sweet potatoes are tender, about 12 to 14 minutes. Reserve 1/2 cup cooking liquid, drain sweet potatoes and mash with fork or potato masher. Sweet potatoes can also be placed in a food processor and pureed until smooth.

7. Add honey, lemon juice, nutmeg and 1/4-cup reserved cooking liquid and stir until combined. Add more liquid, as necessary until desired consistency. Season to taste with salt and pepper. Serve chicken with mashed sweet potatoes. Serve some honey on the side for dipping or drizzle honey over chicken to garnish.

Two-Bite Cheesecakes MAKES APPROXIMATELY 15 CAKES PREP TIME: 15 MINUTES COOKING TIME: 30 MINUTES RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

• 2 250-g packages cream

Healthier options

Make your favourite winter warm-up foods healthier with these tips:

- Use squash soup on potatoes instead of gravy
- Use lemon on vour
- veggies instead of salt Try plain yogurt instead of sour cream in recipes

20 MINUTE SUPPER CLUB

cheese, room temperature (Can use light cream cheese)

- 1/2 cup granulated sugar
- 1/2 tsp vanilla
- 1 Tbsp lemon juice
- pinch salt
- 2 eggs

METHOD:

1. Preheat oven to 325 F. 2. Place standard-sized muffin cups into a muffin tin. Using an electric mixer, blend cream cheese with all ingredients until smooth and fill each with 1/4 cup of cheese mixture. Bake for 25

minutes. 3. Cool and decorate.



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20

Cowell pulls in Paul for X-Factor

Simon Cowell is recruiting his former American Idol judge, Paula Abdul, to join him on the judging panel of his upcoming Fox talent show X-Factor, according to The Hollywood Reporter. EW.COM

Entertainmen

Tobey the Hobbit?

tation of IRR Tolkien's classic book

Globe no sign of Oscar glory

Sunday's wins not best indicator of Academy picks

STEVE GOW for Metro Canada

It would've meant a lot to the director of A Single Man to see Colin Firth beat out Jeff Bridges at Sunday's Golden Globe Awards. Alas, it was not to be.

"Live by the buzz, die by the buzzsaw," said fashion designer-turned-filmmaker Tom Ford.

"I've been saying it all

Hollywood Votes Academy Awards

morning, but it's true."

While Firth may have heard that buzzsaw coming, it doesn't mean he'll go unnoticed by the time the Academy Awards roll around however. Even though the Hollywood Foreign Press Association



Jeff Bridges, left, may have won best actor (drama) and James Cameron best director at the Golden Globes, but that doesn't mean they will have their categories locked up come Oscar night.

(which hosts the Golden Globes) has often forecast future Oscar winners, it possibly may be less so clairvoyant this year.

"It's tricky to call any of the precursor shows influences on the Oscars," said Steve Pond, author of The Odds, an awards-based column on popular Hollywood industry website The

"(The Golden Globe voters) don't really have any critical credibility and they don't have careers in the industry the way the Oscar voters do, so it's a popular vote among this group

that's sort of lucked into having influence for a couple weeks each year because their TV show gets good ratings.'

By comparison, the Oscars, to be held March 7, an industry-based awards where members of the Academy can cast unpredictable votes.

"Most of the Oscar vot-

ers in the acting categories are actors of substantial achievement themselves, so they're not going to vote for people just because they want to see them up there on the podium.'

However, with the passing of The Golden Globes, one cannot deny that the official Oscar race has begun. So one wonders, with weekly award shows tracking who's getting the most hardware, what is the greatest predictor of Oscar wins?

"The Director's Guild, The Producer's Guild, The Screen Actor's Guild," said Pond.

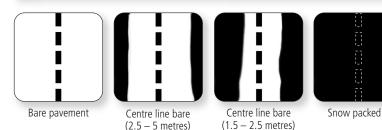
"Those guilds tell you how people who work in the industry are think-

Plowing Priorities in Nova Scotia

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1	100-Series and trunk highways, and other high traffic roads	Salted to achieve bare pavement within 8 hours after snow stops		
2	Secondary routes and other medium volume roads	Salted to achieve centre strip bare up to 5 metres within 12 hours after snow stops		
3	Local paved roads, most subdivisions and residential streets	Salted to achieve centre strip bare up to 2.5 metres within 24 hours after snow stops		
4	Gravel roads	Sanding as needed		



More information on our winter maintenance standards:

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Conditions on provincial highways: 511 Local road information: 1-888-432-3233

Transportation and Infrastructure Renewal

DVD picks



Cairo Time

Director: Ruba Nadda

LOVE IS A many-splendoured but also highly cerebral thing in Cairo Time, the winner of the Canadian feature prize at TIFF '09.

Brief En-

Recalling counter and Lost in Trans-

lation by displaying the mind as the most sensual of human instruments, the film searches for romance and meaning amidst the grandeur and challenges of modern

Patricia Clarkson is Juliette, a Canadian magazine writer who travels to Cairo to see her husband Mark (Tom McCamus), a UN diplomat stationed in the Middle East.

The happily married couple have long talked about taking a trip together to the Pyramids. But workaholic Mark is assisting at a Gaza refugee camp and can't yet meet his spouse, so he asks his faithful friend Tareq (Alexander Siddig) to keep Juliette company.

Of such small seeds are mighty oaks of infidelity But Montreal grown. writer/director Ruba Nadda avoids the obvious, preferring to explore how geography, circumstance and fate can combine to test even the strongest of

Clarkson and Siddig make the most of a script that delivers less than it promises. Luc Montpellier's nimble camera makes the film feel at times like a high-gloss travelogue.

The Invention of Lying

Director: Ricky Gervais/ Matthew Robinson

BRITISH COMIC Ricky Gervais makes his feature writing/directing debut (with co-writer and co-director Matthew Robinson) of a comic fantasy that might be called Charlie Kaufman lite. It has the surrealism of a Kaufman Malkovich commind comes to mind), but few of the weighty thoughts.

The gag is an alternate world where people are simply incapable of telling a falsehood. Then one day Mark discovers that he actually can tell fibs, and that people will believe his wildest stories. Suddenly life takes a turn for the interesting.

Peter Howell/for Metro Canada



Hawksley Meats his match

Latest album inspired by neo-psychedelic groups The Flaming Lips and Mercury Rev

ROB MCMAHON for Metro Canada

Titling a pair of albums Meat and Milk is a statement.

For Hawksley Workman, it signals a suite of aggressive, masculine songs that are balanced with a corresponding vulnerability.

For example, You Don't Just Want to Break Me is a 'lucky moment" captured on record — an intense performance coaxed from . Workman by his co-producer and studio engineer Stew Crookes. The pair was drinking beers in the studio, brainstorming how

Meat your maker

Hawksley Workman's new album Meat is available in stores and online today



to approach the vocal delivery. Originally written in Tazmania, the track was conceived on a long walk home after a particularly aggressive Nick Cave con-

"I wanted the song to be on par with (Nick Cave's) delivery. I never sing notes that high, so they are the result of me being a bit inebriated in the studio, and trying that. It does something to my voice tightens it up a bit," he "I'm a bit worried about how to perform that song live ... Stew (Crookes) is a guru - one of those guys who always has the recording button engaged at the right time."

Compared to its counterpart, Milk (which was produced in Stockholm by an "electro-pop guru"), Meat is a banging record that of-ten recalls TV on the Radio or Justice. Workman said the album's sound was inspired in part by Crookes' hero David Friedman, who



Singer-songwriter Hawksley Workman has two new albums, Meat, which is available today, and a second Euro pop album called Milk, which will have a full release in April.

crafted the sound of neopsychedelic groups like The Flaming Lips and Mercury Rev.

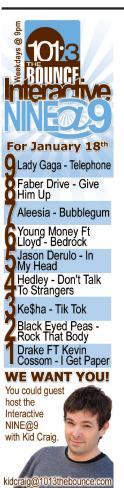
The goal was to apply

Friedman's style to a belligerent "bombastic. sound," and the resulting mix of intensity and tenderness comes across in

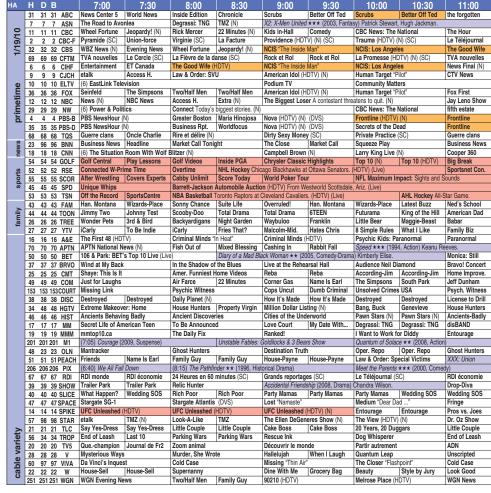
songs like Depress My Hangover, where gospel production. Workman grew up listening to Motown, and wanted the song, which tells a story of a couple living in a cheap downtown apartment "locked away from the selfimportance of the outside world" and drinking away their days, to reflect that spiritual passion.

Perhaps the cleanestsounding song on the record is album opener Sarah Song for Recorded backstage at the Union Chapel, an old church in London, England, Workman wrote the song for his friend Sarah

"I was sitting backstage there, and recorded that song there using a little handheld recorder," said Workman. "I played the song on a piano backstage, while the tech guys were loading a PA onto the stage – that's what you hear (in the background). I knew there was no way I'd be able to record it again like that, it was so honest, so I kept that version.'



1013 THEBOUNCE.com



critics'corner-

Accidental Friendship
A homeless woman (Chandra Wilson, "Grey's Anatomy") and a police officer (Kathleen Munroe, "Durham County") forge an unlikely bond in this 2008 tear-jerker. Homeless Yvonne has her two dogs and not much else. Tami, the cop, recently ended a relationship. Both gain a great deal from their friendship despite having little in comship despite having little in common. Ben Vereen appears as another homeless person. 9 9M on SHOW



Kids in the Hall:

Kids in the Hall:
Death Comes to Town
Let the death begin! In the second installment of this six-part series, a prominent citizen of Shuckton is murdered, and the police get to work narrowing down the list of suspects. That may take a while, as it's a small the product of the town and the victim was wellknown, so everyone is a suspect. 9 PM on CBC

At the Concert Hall
He's the artist! He's the host!
You're both right! In this new
episode of the music series,
crooner Michael Buble does emcee duties in addition to performing "Haven't Met You Yet," "All
of Me," "Heartache Tonight" and
other songs from his new album,
"Crazy Love." He'll also reprise
some of his earlier hits, including
"Home," "Everything" and "Call
Me Irresponsible." 11 PM on
BRAVO

22 entertainment



It's no Hogwarts but it's pretty darn close

Follow these celebrities on Twitter... Celeb**Tweets**

is sick of her father

talking to the press,

BEN STILLER gets Co-

nan O'Brien to ignore his

what he's looking for, and

DEMI MOORE had her own

reasons for staying home

from the Golden Globes.

@amyjademermaid WHY

don't my dad WRITE a SONG

when somethin bothers him

instead of going on national

tv? an you thought YOUR

parents were embarrassing

@RedHourBen Thanks to Co-

Co for getting the message

out tonight about donating

@iason mraz Is there a website yet created for singles seeking casual spoon

to help Haiti

@mrskutcher feel-

ing sick and having

METRO

WORLD

NEWS

a bad hair day

ing?

own troubles and help those

in need, JASON MRAZ knows

J.K. Rowling has spent more than \$4 million US on a new mansion — without even viewing it properly, femalefirst.co.uk reports. The Harry Potter author splashed out on the property in Edinburgh, Scotland, last month. METRO NEWS SERVICES

Celebrity Buzz

Not a regular toque

SALES When Michael C. Hall won a Golden Globe award for Best Actor in a Television Drama, the Dexter star made no mention of cancer, but backstage, he told reporters that he was "on the road to recovery" after secretly battling Hodgkin's lymphoma, usmagazine.com reports.

"I had every intention of keeping it quiet, but because the award shows were imminent, I figured I'd make a statement," said the 38-year-old actor, who said in a statement last week that he was nearing the end of his treatment and that his disease was

He added, "It was nice to joked of his black cap. be able to make a state-He told reporters that his Japan-ese hat was ment with my treatment that I was able to assure people "pretty simthat I was really on ple maybe a litthe road to recovfancier erv. tle Hall also rethan your normal vealed an unexpected benefit of thing." METRO WORLD sharing his cancer story with the gener-NEWS al public. "It is nice to have a justifiable ex-

well.

Just call me 'Giorgio Cluni'

NEXT HE'LL BE RIDING A VESPA "When you find love af-AND SAYING 'CIAO' George ter years of looking, you Clooney made a point of want to shout it from the rooftops and that's just walking the Golden Globes he was doing," a Clooney pal tells red carpet with Italian girlwhat friend Elisabetta Canalis, Popeater. "He is

and if his friends crazy about her. I have have thing to say about it. be him like this walking before. with her down the aisle soon

Living the British dream

AND MASH After the success of the Punch Bowl, his London pub. Guy Ritchie is looking into opening outposts in New York and Los Angeles, according to People magazine.

"It's in the early stages of development. He's looking at premises now," source says. "Guy is really excited and definitely planning some fun ideas with the drinks.'

ly also interested in brewing his own beer, and has

never

smitten."

seen

He's

METRO

WORLD

already registered a few names, including Bit-Ritchie ta and Punch Bowl Ale. METRO WORLD NEWS

Tiger's eyes

ARE ON THE BALL NOT THE

BREASTS Tiger Woods has his comeback to golf all planned out, according to Radar Online. The scandalplagued athlete, who's reportedly staying at a Mississippi rehab facility to deal with his sex addiction, is planning to be back on the PGA tour by the spring, sources tell the Web site.

"Tiger is totally devastated," a source says. "He wants to show everyone that he intends



Cheapy-cheap

HOW WILL THEY AFFORD

THEIR LULULEMON? Yoga instructors working at the Bedford Post Inn, Richard Gere's upstate New York bed and breakfast, are fuming over late payments, according to Page Six. Employees say getting their paychecks in-volves multiple e-mails and phone calls and sometimes staking out the Inn's accounting office. "I find it humiliating," one employee says. "It's the exact opposite of what yoga is

about: integrity, being honest. METRO WORLD

And the Golden Globe for the dullest potential couple goes to ... 'Gennifer'!

Best

Up in the

banter

or fan-

little

for

Screenplay

which, inci-

dentally,

went

CLAP. CLAP. YAWN. Ever since Jennifer Aniston and Gerard Butler filmed their upcoming movie The Bounty Hunter, rumours have flown that the pair have engaged in a little romance side,

popeater.com reports. Although both denied reports, when the Alist actors took the

stage at the Golden Globes together. their awkward body lan-

guage

making the website speculate there is sparked a few questions. something going on Aniston between them two Butler presented of them. award the

"It's an honour for us to present this award together," Butler began. "Yep, it is," Aniston responded.

METRO NEWS SERVICES



F IS FOR FREAKY The search son has decided to nomiis on for Simon nate herself for the job. 'I would love to be a

judge on American Idol. Jackson tells TMZ. "I would love to have a chance for the public get to know the real me. thrilled." I would be and La Toya

Jackson was reportedly in talks with the show's producer, Nigel Lythgoe, about being a guest judge before Cowell announced his upcom-

ing departure. METRO WORLD NEWS

Some couples should just make up their minds



The He's Just Not That Into You co-stars split in 2008 but sparked speculation of a reunion following a string of seemingly romantic dates in recent months. Long even cut short a promotional event for new movie Serious Moonlight last month to be by Barry-more's side at the premiere of her film Everybody's Fine.

And the former couple showed off their rekindled romance by cosying up

together on a lunch date in Los Angeles with Long's brother Christian and his Funny People co-star Jonah



Many beverages besides water are clear and come in bottles

SAYIN' Considering according Mariah Carey's infa-Popeater. Mo'nique, mous awards show who co-stars with performance earlier Carev in Precious month in and won a Gold-Palms Spring, it's en Globe for no surprise she best supportwas only spotted ing actress, resipping water at the Golden portedly told singer, "Don't drink Globes. But apparentuntil after Carev our category is an-nounced." had some in-METRO WORLD struc-NEWS







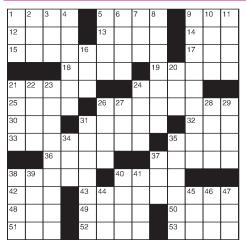


TAKE THE WEATHER WITH YOU The Weather Network

entertainment 23

Take Five

ore delicious Metro recipes, visit: metronews.ca/food



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7		3	5	4		
4	3		7		2			
	2	1		9		5		
3	6			4		7		1
	9						3	
5		4		6			8	9
		6		8		1	4	
			5		1		6	8
		9	4	7		3		

1 Put one's foot down? 5 Level 9 Boston — Party 12 Tittle 13 Staffer 14 Massage 15 Suburban parent, maybe

17 Exist 18 Elbow counterpart 19 Loop in lace 21 Superhero

garments 24 Work station 25 Oodles 26 Not to be

tossed aside? 30 Chum 31 Red cover 32 Summertime

mo. 33 Cast members 35 As well 36 Covered walkway 37 Sword handles

38 Wan 40 Canaanite's deity 42 Mainlander's memento 43 Wife of a links nut 48 Bobby of

hockey 49 Always 50 Protuberance 51 Dine on 52 Pedestal fea-

53 Leaves

ture

1 A sib 2 Excessively 3 List-ending ab-4 Small bundle 5 Passenger's

payment 6 Rickey flavouring 7 Commotion 8 Storm 9 Part of a

mouse, maybe 10 Franc replacement 11 Help in crime

16 Navy rank (Abbr.) 20 "Life cabaret, ..." 21 Team leader

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4 7 9 2 8 1

1 9 2

5 3 8 4 9

8 6

6 4 1

9 3 7

(Abbr.) 22 Winged 23 Pullover garment 24 Union fees 26 Comical Caro-

27 Ending for musket or market 28 Insatiable de-

sire 29 Vanity cases? 31 Mooched 34 Multipurpose

truck 35 Under the weather 37 "Hee –

38 Lotion additive 39 Antitoxins

40 Wasn't colorfast 41 Frizzy hairstyle

44 Eggs 45 "Cock-a-doo-

46 Rhyming tribute 47 Film director

5 6 3 8 4 7

7 1 2 3 9 5

5 3 6

9 5 8

6 2 4

CLOTHES

Craven

5 1 8 6 3 4 2 7 9

3 2 7

1 5 8

5 4 9

3 2 6 9 7 5

Marmaladeglazed Mackerel with Apples

Metro Recipe of the Day

INGREDIENTS:

4 mackerel fillets 4 tsp (20 mL) olive oil 2 apples, peeled Leaves from 1 sprig fresh 3 tbsp (45 mL) orange marmalade

3 tbsp (45 mL) cider vine-

METHOD:

1. Remove any bones that remain in mackerel. Preheat grill to high. Brush a shallow flameproof dish with a little oil and put mackerel fillets in it, skin side up. Make three cuts across each mackerel fillet, scoring skin to prevent it from curling during cooking.

2. Cut apples into quarters and remove cores, then cut each quarter into three or four slices. Put in dish around mackerel.

Brush apples and fish with remaining oil. Sprinkle rosemary leaves over fish.

3. Grill mackerel 2-3 minutes or until skin is browned in places. Stir marmalade and vinegar in bowl. Turn over mackerel and apple slices. Brush some marmalade mixture over apples, then spoon remainder evenly over mackerel. Grill 2 minutes or until fish and apples are well browned in places. Fish should be firm and cooked, with flakes that separate easily and look opaque. Serve immediately.

SERVES 4

rd.ca

For nutritional info mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
Others may be baffled by what's going on but you will observe and understand what they have overlooked.

LIBRA **SEPT 23-OCT 23**

You will find it easy to forgive other people's mistakes today but maybe not quite so easy to forgive your own

TAURUS

(g) APRIL 21-MAY 21
You will see or hear something to your advantage, something that gives you an edge in your career.

SCORPIO

OCT 24-NOV 22
New information will come your way today, information that may cause you to doubt some of the things you have

GEMINI

MAY 22-JUNE 21 Question what you are told to-day, even if the "experts" say you have no right to challenge their authority.

On the web

SAGITTARIUS NOV 23-DEC 21

You will get your message across today, even though some people would like it better if you stayed silent.

Appy

New Year!

CANCER

JUNE 22-JULY 22 Don't give up on something just because it is proving tougher than you expected.

CAPRICORN DEC 22-JAN 20

You know instinctively what is the right thing to say and you know beyond a shadow of a doubt that you have a duty to speak up.

LEO JULY 23-AUG 23

It might be tempting to inter-fere in someone else's business but the planets warn you will regret it if you do.

AQUARIUS

JAN 21-FEB 18 With the Sun about to move into your sign this is a great time for taking the initiative.

VIRGO AUG 24-SEPT 22

Don't push yourself too hard today. Persuade those you live and work with to shoulder more of the burden.

PISCES

FEB 19-MARCH 20

If you want to be alone with your thoughts today that's fine: Just go off by yourself for a while and let the world fend



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Mar. 6 • 1 wk.

\$1269

+Taxes & other fees (including service charges): \$297

CUBA

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Mar. 6, 20 & 27 • 1 wk.
\$1099

+Taxes & other fees (including service charges): \$213

Varadero

Sirenis La Salina Varadero • 4 ★ All-Inclusive • Standard rm. Mar. 5 & 19 • 1 wk.

*1139 +Taxes & other fees (including service charges): \$213

MEXICO

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+Taxes & other fees including service charges): \$287

JAMAICA

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+Taxes & other fees

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+Taxes & other fees acluding service charges): \$393

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Caribbean Princess
Southern Caribbean Cruise
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+Taxes & other fees

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LAS VEGAS



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